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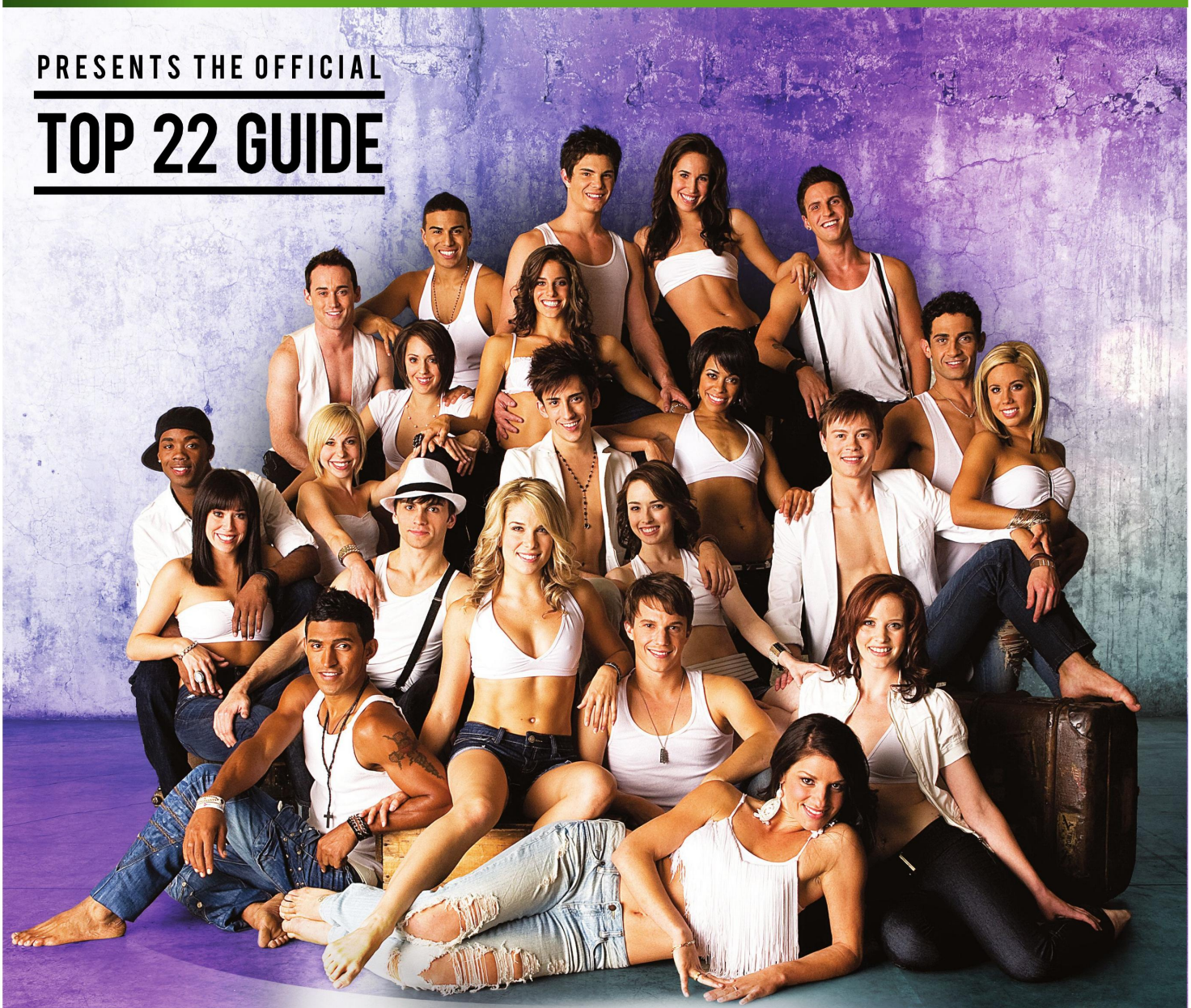
TOP 22 GUIDE



SO YOU THINK YOU CAN

DANCE CANADA

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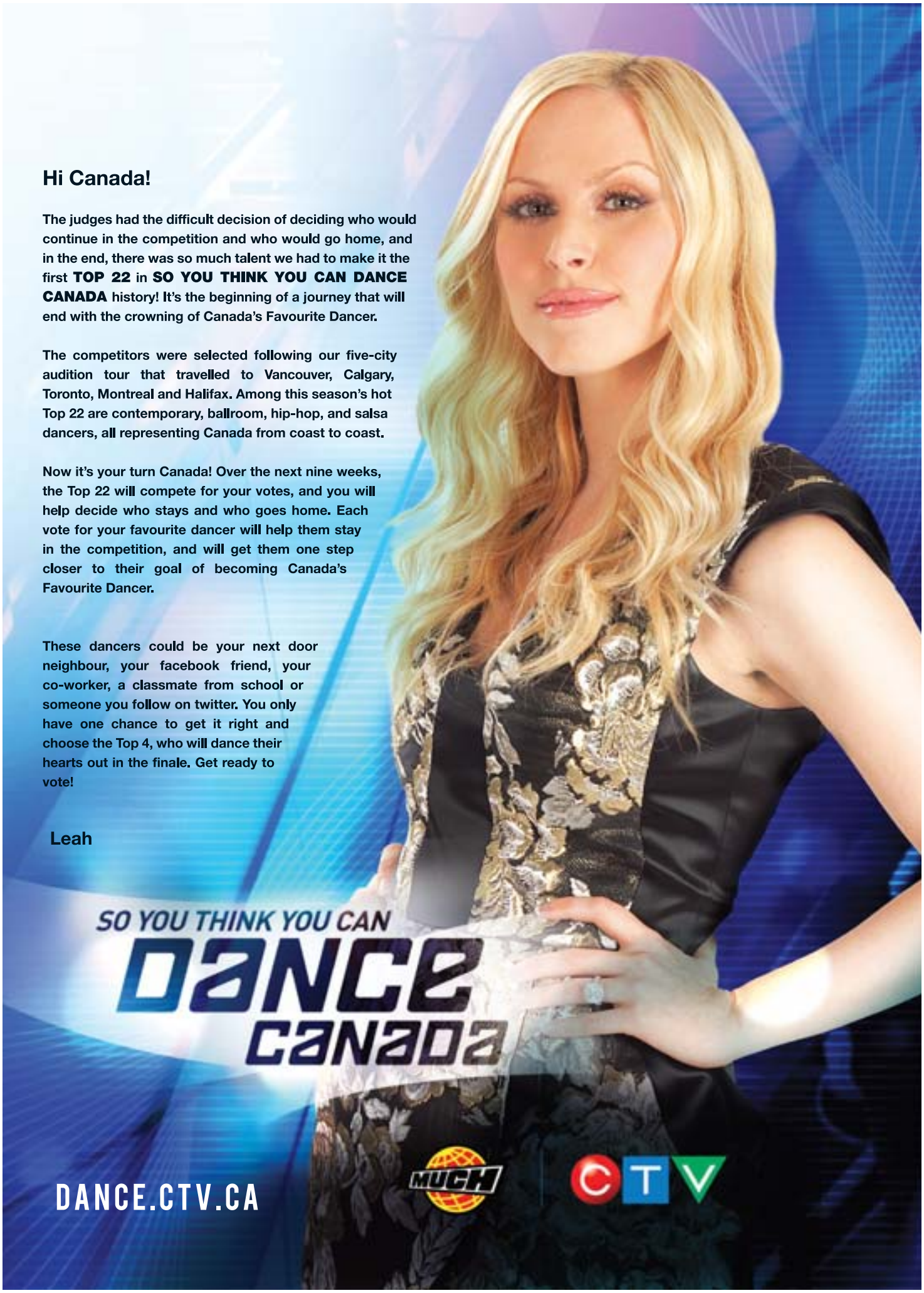
Hi Canada!
The judges had the difficult decision of deciding who would continue in the competition and who would go home, and in the end, there was so much talent we had to make it the first TOP 22 in SO YOU THINK YOU CAN DANCE CANADA history! It's the beginning of a journey that will end with the crowning of Canada's Favourite Dancer.
The competitors were selected following our five-city audition tour that travelled to Vancouver, Calgary, Toronto, Montreal and Halifax. Among this season's hot Top 22 are contemporary, ballroom, hip-hop, and salsa dancers, all representing Canada from coast to coast.
Now it's your turn Canada! Over the next nine weeks, the Top 22 will compete for your votes, and you will help decide who stays and who goes home. Each vote for your favourite dancer will help them stay in the competition, and will get them one step closer to their goal of becoming Canada's Favourite Dancer.
These dancers could be your next door neighbour, your facebook friend, your co-worker, a classmate from school or someone you follow on twitter. You only have one chance to get it right and choose the Top 4, who will dance their hearts out in the finale. Get ready to vote!
Leah
SO YOU THINK YOU CAN
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WORKING THE GRAVEYARD SHIFT?
LEARN HOW TO KEEP IT ALL TOGETHER {page 15}

GO GREEN AT THE OFFICE
TIPS FOR REDUCING WASTE AT WORK {page 14}

POP STAR
HOW TO BUILD YOUR OWN SCENE {page 9}

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Nine hit by limo outside nightclub

Victims were struck outside a Davie Street party spot ◐ Alcohol does not appear to be a factor, police say ◐ One man was arrested near the crash scene

[illegible] sine at 2:30 a.m. yesterday outside Celebrities Night Club were released from Vancouver hospitals in the afternoon.

One person was treated for a head wound while the others suffered bruises, scrapes and soft-tissue injuries.

Vancouver police Const. Jana McGuinness said the limousine was stationary while an argument took place outside the vehicle. It then suddenly accelerated and mounted the curb, injuring the pedestrians, she said.

The limo then continued eastbound down Davie before stopping. ● VANESSA YEE

Protests. StopStoning

▶ Zari Asli, in Yaletown, is organizing a rally outside the Vancouver Art Gallery to demand that the Iranian government release a woman on death row for allegedly cheating on her husband and planning his murder — charges her supporters say are unfounded.

KRISTEN THOMPSON/METRO VANCOUVER

Supporters uniting for Iranian on death row

As many as 100 cities around the world, including Vancouver, will be holding protests on Saturday to condemn the pending execution of Sakineh Mohammadi-Ashtiani. The Iranian government recently suspended a stoning sentence due to pressure from the West and high-profile human rights groups. Story, page 3.

HST

'All roads lead to recall'

◐ Copy of anti-HST petition heads to committee today
◐ Group will decide between provincewide vote or sending bill to legislature {page 2}

Wyclef won't back down

Disqualified from Haitian election, Jean to appeal {page 10}

Beating deaths stun Pakistan

Video captures mob attack on teen brothers {page 5}

Nutritious and delicious

Blueberry cinnamon coffee cake great for any occasion {page 12}

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1 news

Migrants not jumping the queue: Spokesman

People who accuse the 492 Tamil refugees who recently arrived on B.C. shores of jumping the queue are "ill-informed," said a Vancouver spokesman for the Tamil Congress.

"There is a big difference between immigrants and refugees," David Poopalapillai said.

"When it comes to refugees, there is no queue-jumping, because they're running for their lives from hostile conditions."

Harsha Walia, organizer of a downtown weekend protest, claimed that she and fellow protesters are willing to open their homes to the refugees if they are freed from detention.

"Detentions are jail cells," she said.

"Particularly for women and children, there's no reason for them to be incarcerated."

Across Canada, 63 per cent of respondents to an Angus Reid poll released last Thursday said the ship should never have been granted access to Canada.

In addition, 83 per cent said the refugees are jumping the immigration queue.

JENNIFER O'CALLAGHAN

▶ Tripta Kurl waves an Indian flag in Surrey yesterday.

DARRYL DYCK/THE CANADIAN PRESS

Surrey celebrates India

A celebration was held in Surrey yesterday to mark India's 63rd anniversary of independence.

HST hot potato lands in Victoria

FightHST initiative collected 557,383 valid signatures over 90-day period NDP leader called on premier to recall legislature over it

JEFF HODSON
@METRONEWS.CA

Regardless of how a legislative committee chooses to handle the anti-HST hot potato that lands in its lap today, the result will likely be the same.

"All roads lead to recall," warned Bill Tieleman, a member of the FightHST triumvirate.

Today, Craig James, the province's acting chief electoral officer, will forward a copy of the group's petition and draft bill to scrap the HST to a select standing committee of the legislative assembly.

The move follows Friday's decision by Chief Justice Robert Bauman to dismiss the arguments of a business-led challenge to the initiative petition and to forward the petition to the standing committee.

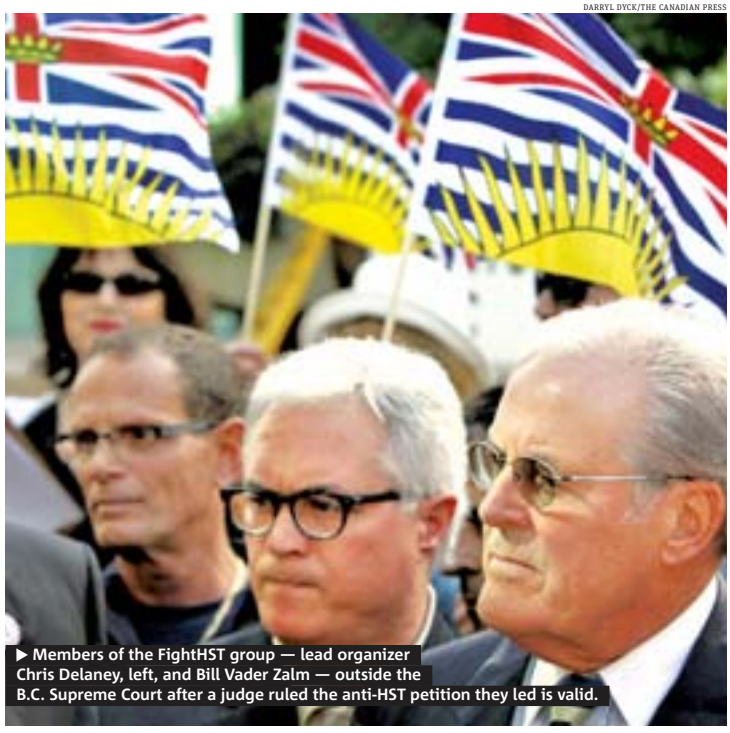
The six-Liberal, four-NDP committee will have 30 days to call a meeting, and then 90 days to either call a provincewide initiative vote (held next September) or introduce the bill into the legislature.

FightHST, Tieleman said, would prefer to see the bill brought into the house, even though the bill would likely languish on the order sheet and die without a vote.

Inflation

The HST accounted for 1.2 per cent of British Columbia's two per cent inflation increase in July, according to Statistics Canada.

DARRYL DYCK/THE CANADIAN PRESS



▶ Members of the FightHST group — lead organizer Chris Delaney, left, and Bill Vader Zalm — outside the B.C. Supreme Court after a judge ruled the anti-HST petition they led is valid.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Guidy Mamann explains why honesty is the best policy when crossing the border. More at metronews.ca/immigration

Follow us on Twitter @vancouvermetro

For Barack Obama, packing lightly for summer vacation is not an option. Scan for more.

Hiker's family looks for help

THE CANADIAN PRESS

Friends and family of missing Vancouver hiker Tyler Wright yesterday asked the public to lend them ATVs or dirt bikes.

Donations are also being accepted to aid the search.

"Search and Rescue crews have been doing great, but we want to put out as much help as possible" said friend Sara Pereira.

Search and Rescue crews found a footprint at a day bed area on Saturday that Squamish RCMP said may belong to Wright.

He was last seen Aug. 10 near the Boise Creek Trail and was expected home on Aug. 16.

VANESSA YEE

For more local news, visit metronews.ca

▶ Tyler Wright

News in brief

Crew unearths human remains

BURNABY. A construction crew unearthed human remains while gutting a Burnaby home for re-development, RCMP said.

An investigation is now underway to determine an identity and cause of death.

KRISTEN THOMPSON

Diver taken to hospital

INJURY. A female scuba diver was airlifted to hospital in serious condition yesterday after being pulled from the waters off Whytecliff Park in West Vancouver yesterday. Paramedics were called when the woman failed to surface.

Her condition was unknown at press time.

KRISTEN THOMPSON

City rallies against Iranian woman's death sentence

Protest to be held against planned execution of woman accused of adultery Hundreds of rallies will be held around the world Saturday to decry the death sentence and denounce stoning as a means of execution

KRISTEN THOMPSON
@METRONEWS.CA

Vancouver is adding its name to a list of international cities rallying behind an Iranian woman who was given 99 lashes and has been sentenced to death for alleged adultery.

Iranian authorities also recently added murder to her charges.

On Saturday, protesters will gather outside the Vancouver Art Gallery calling for Sakineh Mohammadi-Ashtiani to be freed from prison and for Iran to abolish the practice of execution by stoning.

The rally, which starts at 5 p.m., will coincide with protests in as many as 100 cities as part of an international campaign spearheaded by StopStoning, said Zari Asli, organizer of the Vancouver event.

Ashtiani, a 43-year-old mother of two, was convicted in 2006 of having an "illicit relationship" with two men after her husband's death.

She was later also convicted of adultery and of having a hand in her husband's murder, for which she was sentenced to death by stoning.

Ashtiani, her lawyer and dozens of human rights organizations — including Amnesty International — maintain her innocence.

Her stoning sentence was recently suspended because of international outcry but she could still be hanged.

"Our goal for now is to free Sakineh," said Asli. "But 22 others are sentenced to stoning. If we can abolish stoning in Iran, that would have a big impact on other places (with similar practices)."

"This is how you overthrow a government from the outside, with diplomatic isolation. It works, like it did with apartheid in South Africa."
ZARI ASLI

Asli, who was born in Iran, became an activist for women's rights after the government closed down her university three years into her engineering studies and forbade women from studying that field. She fled to Canada soon after.

"I learned English to fight for women's rights because it's a tool to get equality for all women worldwide," she said.

"(This issue) is not just important to me. It's important to anybody who hears this story. (Stoning) is barbaric. It belongs to 2,000 years ago."

Earlier this month, Brazilian President Luiz Inacio Lula da Silva offered Ashtiani asylum, which Iranian authorities turned down. Authorities in Iran have warned the West to stay out of its judicial affairs but Asli said international pressure is the only thing keeping Ashtiani alive, proving that when powerful nations decry human rights violations, it can make a difference.

"It's like a hand-to-hand chain that (transcends) distance," she said. "When people are aware, (it enacts change). This is our job. This is the media's job."

"We will free Sakineh. We will abolish stoning. It's going to happen."

KRISTEN THOMPSON/METRO VANCOUVER

Confession a result of torture?

SENTENCE. Sakineh Mohammadi-Ashtiani received 99 lashes and is now facing a death sentence. Her supporters say her confession to adultery and murder of her husband is a result of torture. She recanted her confessions last week.

"It's because I'm a woman. It's because they think they can do anything to women in this country. It's because for them, adultery is worse than murder.
SAKINEH MOHAMMADI-ASHTIANI IN AN INTERVIEW WITH BRITISH NEWSPAPER THE GUARDIAN

18
Of the 22 people currently sentenced to death by stoning in Iran, 18 of them are women.

Activist fled Iran after school shut

ENGINEER. Vancouver resident Zari Asli, 51, was born in Iran and became an activist for women's rights after the government closed down her university. She had completed three years of engineering courses, a field Iran then banned women from studying. She fled to Canada soon afterwards.

Lawyer escaped to Norway

WARRANT. One of Ashtiani's lawyers, Mohammad Mostafaie, fled to Norway earlier this month after Iranian officials issued a warrant for his arrest. He argued Iran falsely accused Ashtiani of murder only to justify its earlier sentence to have her stoned to death. KRISTEN THOMPSON

For more information about Vancouver's rally, email zariasli@yahoo.ca or visit stopstonningnow.com (stoning spelled with two Ns)

Woman, man stabbed

Two people were in hospital yesterday morning after they were stabbed on the Capliano Reserve on the North Shore.

Police in West Vancouver were called to the Squamish Nation reserve around 5 a.m. and found a woman suffering from stab wounds. A second victim went to hospital before police arrived.

An investigation by police and North Vancouver RCMP led to the arrest of two men several hours later. No charges had been laid.

The victims' injuries were serious, but not life threatening. The injured woman has since been released from the hospital.

METRO VANCOUVER

Separate stabbing

A 23-year-old man in Abbotsford was stabbed yesterday morning outside Finnegan's Pub. He was taken to hospital in serious but stable condition. A 21-year-old man was arrested as he left the scene with friends.

Graveyard tour proves to be a hit

History buffs were given a unique look into Vancouver's past yesterday when the city hosted a bike tour through its oldest graveyard, Mountain View Cemetery.

"We have almost 150,000 people buried here and ... you can learn about these people who built Vancouver," said Glen Hodges, manager of the cemetery.

"A lot of the very interesting stories and events aren't all captured in local knowledge. We had four Japanese families visit to commemorate some Japanese men who died in Canada's worst avalanche ... 100 years ago. Up until some recent research was done, nobody knew (they were there)."

KRISTEN THOMPSON

Notable graves

Other notable occupants include Titanic survivor Robertha Josephine Marshall, famous 1924 murder victim Janet Smith, and William Carey Ditmars, the city's first car owner.

Surrey man faces DUI

A 22-year-old Surrey man is facing impaired driving charges after allegedly trying to evade a police roadblock — set up to catch drunk drivers — by accelerating and crashing into a light post, fence and apartment building. A passenger in his vehicle was injured.

KRISTEN THOMPSON

Cops probe ATM scam

Police in Abbotsford are investigating the discovery of a hidden pinhole camera and debit card skimmer found by a bank customer at an ATM on Sumas Way.

The camera was using a cellphone battery as its power source, Const. Ian MacDonald said.

KRISTEN THOMPSON

RCMP does not play well with others: Prof

DARRYL DYCK/THE CANADIAN PRESS

▶ Vancouver Police Deputy Chief Doug LePard addresses the media in Vancouver after releasing his report into the disappearance of women from the Downtown Eastside.

▶ Mounties' feeling of superiority hindered Pickton investigation, criminologist says ▶ Info allegedly not shared with other police agencies

The RCMP is facing criticism in the wake of a scathing Vancouver Police Department report detailing investigative missteps on the hunt for serial killer Robert Pickton.

A British Columbia criminologist and former London police officer said Mounties are trained to believe they are Canada's top cops, while considering other provincial and municipal officers as below standard.

"There's long been tensions between the RCMP and municipal police services," said Rob Gordon of Simon Fraser University. "The RCMP know all, cannot be told anything, and they're the ones alone who stand between chaos and civilized society."

A Vancouver police report, authored by Deputy Chief Const. Doug LePard, said both its own department and the RCMP are to blame for errors made during the investigation.

Thirteen women disappeared from Vancouver's Downtown Eastside after the city's police force first forwarded information about Pickton to the RCMP, according the police review.

The 400-page document said mistakes prevented police from arresting Pickton until 2002 — years after officers first started looking at Pickton as they investigated reports of missing sex workers — but that he could have been caught earlier.

THE CANADIAN PRESS

Problems

- SFU criminologist Rob Gordon said other examples of RCMP problems were highlighted in the recent Air India inquiry report, which criticized the Mounties for fighting turf wars with the Canadian Security Intelligence Service during the investigation into twin Air India bombings in 1985, killing a total of 331 people.
- The RCMP have not yet responded to the accusations.

Facebook group hopes to save bears

The plight of a group of bears discovered by police raiding a southern B.C. marijuana grow-op has people growling across the world.

Upwards of 15 bears of all ages were found happily roaming the property in the community of Christina Lake with their tummies full of human-provided dog-food.

The provincial environment ministry has said if the animals can't learn to find food in the wild now that the treats are gone, they'll have to be exterminated.

That caught the attention of a Calgary woman who has started a Facebook group and online petition titled Save Bears Found in Drug Bust.

It has garnered more than 700 signatures from as far as China and Australia in less than two days.

Animal-lover Doreen McCrindle says she believes the B.C. government is taking the cheapest way out, rather than being proactive and providing temporary feeding stations to help the bears re-adjust to the wild.

RCMP say it wasn't clear if the couple — who now face drug charges — who were feeding the bears were using them to guard their fields of weed or simply liked them as pets.

THE CANADIAN PRESS

B.C. RCMP

▶ An officer and black bear.

Boil order continues in White Rock

People in White Rock continued boiling their water yesterday after the Fraser Health Authority found E. coli bacteria in the treatment system. The source of contamination remains unknown.

KRISTEN THOMPSON

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Tunis	$1048	Jeddah	$926	Nairobi	$1050
Istanbul	$825	Kano	$1025	Lagos	$1025
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Feds will match flood donations

FRED CHARTRAND/THE CANADIAN PRESS

The federal government moved yesterday to kick-start giving for Pakistan flood relief by offering to match private donations dollar for dollar.

Donations for flood aid made between Aug. 2 and Sept. 12 will be matched by federal money with no upper limit, Government House leader John Baird said.

The government has set up the Pakistan Floods Relief Fund to handle the aid, and it will be administered through the Canadian International Development Agency.

The matching funds will be on top of the $33 million already pledged by Canada.

Similar programs helped spur donations for last winter's Haitian earthquake and the 2004 tsunami and the federal government had been criticized by some, including the opposition Liberals, for not moving faster to promise matching funds.

"To those who say we're not doing enough, we're the fifth largest contributor in the world."
JOHN BAIRD, GOVERNMENT HOUSE LEADER

Baird said that the tsunami and the quake unfolded differently.

THE CANADIAN PRESS

Chile. Found after 17 days

▶ Chile President Sebastian Pinera holds up a plastic bag yesterday containing a message from the trapped miners.

JOSE MANUEL DE LA MAZA/ASSOCIATED PRESS

33 miners found alive

A message from miners reads, in Spanish, "We are ok in the refuge, the 33 miners." The miners have been trapped below the surface of the gold and copper mine since the main access collapsed on Aug. 5 due to tons of falling rock. But rescuers say it could take four months to get them out.

NEAR GROUND ZERO

Imam has hopes for mosque

The imam spearheading plans for an Islamic centre near ground zero said yesterday the attention generated by the project is positive and he hopes it will bring greater understanding.

Imam Feisal Abdul Rauf's plans for an Islamic cultural centre about two blocks from the World Trade Center site have sparked a political firestorm in the United States. Foes of the project say it is insensitive and disrespectful to the victims of 9-11 and their families.

But Rauf, who is on a 15-day Mideast tour funded by the U.S. State Department, took heart from the dispute. "It is my hope that people will understand more," the imam told a gathering at the U.S. ambassador's residence in Bahrain.

THE ASSOCIATED PRESS

Savage beatings shock Pakistan

Government orders two inquiries into deaths Origins of video unknown Similar incidents have also been caught on video recently

SHAHID IKRAM/ASSOCIATED PRESS

▶ Brothers Moiz and Muneeb Butt were beaten to death, apparently while police and others watched.

Pakistani men took turns savagely beating two teenage brothers with sticks, drawing blood before dragging and hanging their dead bodies from a nearby pole. None of the dozens of people watching tried to stop the attack, not even several police. The boys may have been mistaken for robbers.

The scene, caught on video and broadcast on news channels, has outraged and anguished Pakistanis, some of whom are asking if years of state neglect have brutalized society. It also is a blow to the already-shoddy image of the government as it appeals for international aid to cope with disastrous floods.

"Is this what we are? Savages?" asked an editorial in The News, an English-language daily. "So utterly bereft of a speck of humanity that a crowd of ordinary men are passive spectators to public murder?"

The killings occurred Aug. 15 in Sialkot, a town in eastern Punjab province. As details have emerged, authorities appear increasingly confident the two boys — Moiz Butt, 17, and his brother Muneeb, 15 — were innocent.

The two went to play cricket after praying and eating breakfast, carrying a bag with them containing game equipment, said Mujahid Sherdil, a top government official in the district.

An armed robbery had taken place in the vicinity of the cricket field, so residents were on alert and police were nearby.

Apparently, when the boys appeared with a bag, they were thought to be the robbers, Sherdil said.

THE ASSOCIATED PRESS

Bride-to-be celebrating too much?

A 31-year-old bride heading home from her bachelorette party in Bellevue, Wash., was arrested for drunk driving hours before she was to get married. Washington State Patrol Trooper Christina Martin says the woman was driving over 90 m.p.h. (145 km/h) Saturday morning when she was stopped.

Martin says a trooper arrested the woman, processed her and let her take a cab home in time to make it to her wedding. The woman faces charges.

THE ASSOCIATED PRESS

Wrestling pigs escape — for now

A pig-wrestling competition at a county fair in Montana has been cancelled after the animals eluded fair officials trying to round them up for the event. Fair office manager Shirley Embleton says the wild pigs spend the year on a 10-mile free-range property and about 30 are captured the Friday of the scheduled event.

But this year, fair officials were only able to locate one boar. Embleton says next year, organizers will devise a better plan.

THE ASSOCIATED PRESS

Canada rejected NATO request

Canada turned down a direct plea from NATO to send more troops into southern Afghanistan in the run-up to last year's Afghan presidential election, federal documents say.

It was among the most specific requests Ottawa has received over the years and provides a keen illustration of the pitfalls the Conservative government faces both at home and abroad as it slowly untangles the country from the costly war. A briefing note prepared for Defence Minister Peter MacKay showed that both NATO and the U.S. expected Canada to ante up the extra troops needed to secure Kandahar from an anticipated wave of Taliban violence prior to the vote.

The plea was turned down cold.

THE CANADIAN PRESS

Karzai vows to protect rights

President Hamid Karzai gave assurances yesterday that the rights of Afghan women will not be sacrificed in pursuit of a peace deal with the Taliban.

In an interview with ABC News' This Week with Christiane Amanpour, Karzai also pledged to vigorously fight corruption and allow two Western-backed investigative teams to pursue corruption cases without political interference — even if they go after his friends and allies.

The president acknowledged fears among Afghan women's groups and ethnic minorities that their political, economic and social gains might be eroded under a future peace agreement with the Taliban, which banned women from most jobs and education during their years in power.

Karzai said he would ensure that women's representation in peace talks would be "solid and meaningful." THE ASSOCIATED PRESS

YURI CORTEZ/GETTY IMAGES

▶ Afghan President Hamid Karzai speaks during a meeting with unseen U.S. senator John Kerry at the Presidential Palace in Kabul last week.

303 G20 accused expected in court

◗ Cases will be spread over three rooms: Detective ◗ It's expected to take hours to get through all cases

The stage is set for a crush of people to descend upon a local courthouse today as more than 300 people charged with offences related to the G20 summit are set to appear, along with their families, supporters and lawyers for what will be a marathon session of mass appearances.

As 303 people have appeared in court to face their various charges over the past three months, they have all had their return dates set for today at the same courthouse.

It will be one of the largest mass court appearances Toronto has ever seen, according to Toronto police G20 investigator Det. Sgt. Gary Giroux.

People close to the case say it is unclear whether the cases will be processed in an assembly-line fashion, or how long they might take.

Other than a few people who are in custody and scheduled to appear by video at 11:30 a.m. ET, most people have 9 a.m. appearances.

THE CANADIAN PRESS

Suspects

Those appearing today are charged with a variety of offences stemming from the summit.

- The majority of people appearing today were arrested at a protest at the Ontario legislature June 26, police said.
- A group of alleged ringleaders who are charged with conspiracy to assault and obstruct police will also appear.
- Police say the group also includes about 20 others arrested after police released photos of their "most wanted" suspects.

RYAN REMIORZ/THE CANADIAN PRESS

▶ A protester jumps on a burnt-out car during an anti-G20 demonstration on June 26 in Toronto. The stage is set for a crush of people to descend upon a Toronto courthouse today as more than 300 people charged with offences related to the G20 summit are set to appear.

Canadians fear for health care: Report

The vast majority of Canadians — 80 per cent — fear for the future of health care, concerned over the potential for declining quality and rising costs of services to support an aging baby-boomer population, according to a new report.

In its annual report card on health care, the Canadian Medical Association had pollster Ipsos Reid gather public opinion about Canadians' perceptions and expectations of long-term health and health-care needs.

THE CANADIAN PRESS

News in brief

Taking a byte out of crime

TIPS. Crime Stoppers may be the next thing you "like" on Facebook. Crime Stoppers International is looking to implement social media to its program to collect even more tips.

ALY THOMSON

Plane missing in Alaska

SEARCH. A small plane carrying four people including three park rangers is missing in southwest Alaska. A Coast Guard HC-130 crew is among searchers looking for the Dehavilland Beaver between Swikshak Lagoon and King Salmon.

THE ASSOCIATED PRESS

News in pictures

PHOTOS
1. DAVE CHIDLEY/THE CANADIAN PRESS
2. FAREED KHAN/THE ASSOCIATED PRESS
3. THE ASSOCIATED PRESS
4. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS
5. BULLIT MARQUEZ/THE ASSOCIATED PRESS

1 A tow truck operator carries debris as the engine is lifted by a crane, at the scene of a coach bus accident on Highway 401 in Woodstock, Ont., yesterday. One person was killed and 12 others injured in the early morning crash. THE CANADIAN PRESS

2 A Pakistani flood survivor eats food at a camp in Sukkur yesterday. The world has given or pledged more than $800 million to help Pakistan cope with massive floods, the foreign minister said yesterday. THE ASSOCIATED PRESS

3 A Lebanese activist who plans to sail to the Gaza Strip holds a T-shirt, which reads in Arabic, "Ship to break the Gaza Siege, Free Palestine" in Tripoli, Lebanon, yesterday. The organizers of a Lebanese ship that was hoping to break Israel's Gaza blockade say they have postponed the trip after Cyprus refused to allow the ship entry. THE ASSOCIATED PRESS

4 A child reacts as the cooling towers of the Athlone Power Station are demolished on the outskirts of the city of Cape Town, South Africa, yesterday. The Athlone coal-fired power station had been decommissioned and declared unsafe.
THE ASSOCIATED PRESS

5 Hostage negotiators talk to tourists who were among mostly Hong Kong tourists on a bus seized by a dismissed policeman with an automatic rifle in Manila, Philippines yesterday. As of press time, six hostages had been released. THE ASSOCIATED PRESS

ANGELO CARCONI/THE ASSOCIATED PRESS

▶ Apple is not affected by the chip shortage. Although the company can't keep the iPad and iPhone 4 in stock, it blames that on demand outstripping assembly line capacity, not on problems procuring the right chips.

Smartphone delay caused by chip shortage

Manufacturers got spooked and reined in investment after a 30% drop in chip sales in the beginning of 2009

The seemingly recession-proof smartphone is suffering from a side-effect of the rough economy: Manufacturers can't build enough of the gadgets because chip makers that rolled back production last year are now scrambling to play catch up.

The chip shortage means Apple Inc.'s rivals are having trouble making enough phones to compete with the iPhone, a problem expected to persist through the holidays. It's also affecting wireless carriers, some of which are seeing delays in improving their networks, and it could even raise computer prices.

84% Worldwide investment in the chip industry is expected to grow 84 per cent this year, to $47.5 billion.

The chip-making industry had a tough start to 2009. February sales were only $14.2 billion US, down 30 per cent from the year before, according to the Semiconductor Industry Association.

Although sales sprang back later in the year, manufacturers were spooked and reined in investment in chip factories. Capital spending plunged 41 per cent to $25.9 billion in 2009, after dropping 31 per cent the year before, according to research firm Gartner Inc. Total chip production capacity shrank.

Now the factories are having trouble scaling up production fast enough. The chip factories, or "foundries," are running at 96 per cent capacity, up from 56 per cent at the depth of the recession, according to the SIA.

THE ASSOCIATED PRESS

INFLATION

HST takes blame for price rise

New harmonized sales taxes introduced in Ontario and British Columbia last month, and Nova Scotia bumping up its HST by two percentage points, pushed up Canada's inflation rate last month — but the increase was still softer than what many economists had forecast.

Canada's annual inflation rate rose by eight-tenths of a point in July to 1.8 per cent. Month-to-month, the consumer price index rose half a percentage point.

Statistics Canada says the HST accounted for about 1.3 per cent of Ontario's 2.9 per cent year-over-year increase.

The biggest increases were in energy prices, which were up 7.9 per cent from a year earlier. Only clothing and footwear were lower in July.

THE CANADIAN PRESS

Prosecutors defend about-face

Swedish prosecutors defended their handling of a rape allegation against the founder of WikiLeaks, saying yesterday they had made no mistakes in issuing an arrest warrant and withdrawing it less than a day later.

An arrest warrant was issued for Julian Assange late Friday but was revoked the next day.

THE ASSOCIATED PRESS

LOOK WHO'S TALKING ABOUT NOTHING

Urban Compass

PAUL SULLIVAN

I'm dismayed by what passes for public debate these days.

It was probably just as bad in 1991 or 2001, but it's getting under my skin more. No doubt I'm becoming a grumpy old fart. (Becoming?)

More and more, it's about shoot your mouth off first; ask questions later. The Tamil refugee situation, for example. Passion is riding high on both sides; people demonstrate; everyone is blogging and hogging the microphone. But from what I can tell, we don't know what we're talking about.

Despite the oxygen sacrificed to date, there are still some very basic questions, like: Who are these people? Where did they come from, specifically? Are their lives actually in danger back in Sri Lanka? Are any of them really Tamil Tigers, members of a banned terrorist organization? Should the Tamil Tigers have been banned in the first place?

Isn't it important to know the answers to these questions before we stomp our little feet and demand they be sent back where they came from or welcomed with open arms?

I realize it's no fun waiting until the questions are answered before we join the debate, and with the array of communications tools available, the temptation to mouth off is hard to resist. Here's my advice: Resist!

"The most dismaying thing about all this sound and fury? It prevents us from asking legitimate questions. The loud side no longer bothers to give a straight answer ..."

Not every stale-dated geezer is as grumpy as I am. Look at Smilin' Bill Vander Zalm. There's an old guy who is as happy as a kid in a candy store because he has single-handedly hijacked democracy and doesn't have to explain why. He says the HST is a bad thing so sign my petition and we'll get it overthrown, boo-ya!

Does anyone really know if the HST is good or bad for the economy? Who cares? It's just another tax and we hate taxes, grrrrr. Where do I sign?

No one is happy with the sneaky way the Campbell government imposed the HST, but is that really the point? We have to pay for health care or education, and is the HST a better or worse way of paying the bill than income tax or cutting services? Do you know the answer? Or are you just taking Bill Vander Zalm's word for it?

The most dismaying thing about all this sound and fury? It prevents us from asking legitimate questions. The loud side no longer bothers to give a straight answer; it just questions the motives of the person asking, and no one wants to get caught on the wrong side of the issue. So we stew in silence.

Or even worse, join the fun. Ignorance rules, dude.

Cartoon

MICHAEL DE ADDER

On the edge of your seat

Letters & Tweets

We asked: What's your all-time favourite action movie?

TORONTO. My favourite action movie is Aliens, hands down. James Cameron crafted a suspenseful and action-packed movie that has characters whose names you can still remember. A total masterpiece that blends horror, action and science fiction.
STEVE WHALLS

OTTAWA. It would have to be the original Predator movie from 1987. Anything that has Arnie (Schwarzenegger) in it I'm there. So, yes, I will be seeing The Expendables.
FRANCINE PREVOST

CALGARY. (Green party Leader Elizabeth) May recently made comments regarding her perception that democracy is changing for the worse here in Canada.

I would have to argue that May herself seems to have a distorted view of democracy. During the last election she stomped her feet and had a hissy fit over not being allowed to take part in the leader's debate. Yet, her party has never won a single seat in Parliament.

Is this the kind of person Canadians want to represent them on the world stage?
IAN DUMMIGAN

Alien vs. Predator

THE ASSOCIATED PRESS FILE

What is your Mount Everest?

Email
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Metro Minute with Lady Gaga

Lady Gaga, the current queen of the charts, takes to the Rogers Arena stage with her trademark pop decadence tonight — and tickets are still available.

Since entering the music scene in 2008, she's been iconic for both her music and image. With a theatrical and visually extraordinary show that draws comparisons to Madonna, Gaga is set to get the Vancouver crowd going with monster hits like Poker Face and Bad Romance. The 31-venue Monster Ball tour kicked off in Montreal this spring and is also set to tour the U.S. and Europe. The show starts at 8 p.m. For tickets, go to ticketmaster.com or call 604-280-4444.
JENNIFER O'CALLAGHAN

GETTY IMAGES FILE

▶ Lady Gaga performs earlier this month in Las Vegas.

How to build a pop star

With Katy Perry's latest album, Teenage Dream, about to drop, we dissect what makes these glittery pop stars tick — and bring in the big bucks

Thank Gaga for the new crop of alien rave rejects

A killer voice

"Traditional musical talents are still important," says Billy Johnson Jr., Yahoo! Music senior editor and musicologist. "An artist needs to have the basic foundation."

Arthur Gallego of Gallego & Co. Brand Communications argues that vocal distinctiveness is a plus. "Katy Perry's voice is unmistakable, whether she's singing solo or a featured artist on another musician's track," he says. "The talented female pop singers who haven't done as well as Perry and Gaga are the ones who are simply 'just good singers.'"

A catchy song

Yes, the music must be good in order for a pop star to be successful. "Katy Perry came on the pop scene with a song that was really catchy, and the lyrics are risque without actually being subversive," says Kirthana Ramisetti, managing editor of Predicto.com. "Once you go from there, the songs can be good but they don't have to be great."

A good story

"Today's younger demographic really feasts off the ability to get a peek into their favourite artist's personal life," says Brad Sheehan, intellectual property specialist and client manager at Davie Brown Entertainment.

Access to an artist, especially through Twitter, gives people a story to follow. "Christina Aguilera has an amazing voice, but no one really knows much about her lately and I think that's why her album suffered," he says.

Good girls are boring

"The pop stars in the '90s got by just with catchy pop songs, even if they didn't have a fully formed pop persona," says Ramisetti. "Stars like Mandy Moore and Jessica Simpson, they got by because they were cute blondes like Britney Spears."

Gallego adds that a brand is essential now. "An artist like Celine Dion, if she had just burst onto the scene two years ago, would not have been as successful today as she was in the '90s, packaged the same way."

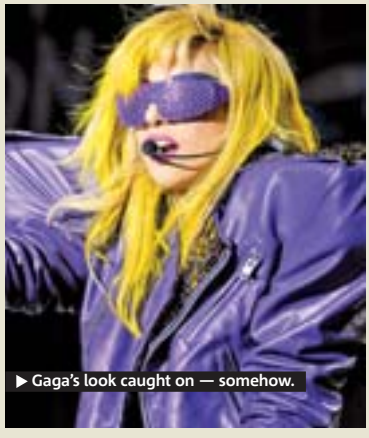
GETTY IMAGES

▶ Ke$ha, the phonics rebel

One step ahead

"If a pop star is going to remain timeless, they have to create trends," says Barnett. "If someone is simply doing what everyone else is doing, they're not going to be at the forefront in the media."

GETTY IMAGES



▶ Gaga's look caught on — somehow.

The look

Gaga is leading the masses with her otherwordly fashions, which seem to have become a requirement of the most mainstream pop stars. "What Lady Gaga is doing is getting so much attention that it's put a shadow on the rest of the pop world," says Tyler Barnett of Tyler Barnett Public Relations. "When you've got her running around in absurd, ridiculous outfits, how do you outfreak that?"

HEIDI PATALANO
heidi.patalano@metro.us

2 scene

In brief

Sirius XM satellite radio will debut a spoken-word recording by Conan O'Brien. And They Call Me Mad? will play at noon ET today as part of Sirius XM's Raw Dog Comedy Channel.
THE ASSOCIATED PRESS

Sylvester Stallone's The Expendables topped the North American box office for a second straight week with $16.5 million US in ticket sales. Twilight spoof Vampires Suck and the Julia Roberts drama Eat Pray Love tied for the second spot.
THE ASSOCIATED PRESS

Lawyer who tried to block Harry Potter movies faces hearing

Talking points

The naked truth comes out for True Blood stars

SHOWING ONCE AGAIN YOU CAN GO FROM HOT TO YAWN IN A WEEK

Although they're currently on the cover of Rolling Stone naked and covered in blood along with co-star Alexander Skarsgard, True Blood's Anna Paquin and Stephen Moyer tied what sounds like a very traditional knot over the weekend.

The couple was married on the beach in Malibu, according to People.com, after being engaged for a year.

We are, of course, happy for them. But considering that Moyer — to the frenzied delight of Metro staffers — opened up about the hotness of bloody undead sex during our interview with him last year, we were expecting something a little less Martha Stewart Living.

METRO NEWS SERVICES

Celebrity tweets

Kanye West [@kanye-west] French fries are the Devil

Cory Monteith [@frankte-neen] people who eat white bread have no dreams.

Sarah Silverman [@SarahK-Silverman] I've been poking holes in my birth control pills.

Diablo Cody [@diablo-cody] My goal is to be a better parent than Sharon Stone at the end of CASINO.

METRO

Wyclef Jean will not abandon bid for presidency

Haitian born hip-hop star will appeal decision by electoral office

Hip-hop singer Wyclef Jean said yesterday that he is not abandoning his presidential bid just yet and will try to get the courts to overturn a decision disqualifying him from the race.

Speaking to The Associated Press by telephone from his home in Croix des Bouquets, Jean said his lawyers will file an appeal with the national electoral dispute office.

Jean said that he has a document "which shows everything is correct" and that he and his aides "feel that what is going on here has everything to do with Haitian politics."

"They are trying to keep us out of the race," he said, referring to Haiti's political establishment.

Haiti's elections board rejected Jean's candidacy Friday night — presumably because it decided he had not met residency requirements, although the board did not cite a specific reason. Under Haitian law, a presidential candidate must have lived in the country for five consecutive years leading up to the election.

Jean has argued that he was not required to comply he was appointed as roving ambassador in 2007. THE ASSOCIATED PRESS

GETTY IMAGES

▶ Wyclef Jean

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*No purchase necessary. Enter online at http://www.metronews.ca/imodium by completing member entry form and submitting your story. Contest entry for story submissions runs from August 4th, 2010 to August 15, 2010 voting entry runs from August 11, 2010 to the Contest closes on September 14, 2010. Limit one (1) entry per person during the contest period. There is One (1) Grand Prize available of $5000.00 CDN cash and Three (3) Secondary Prizes each consisting of $300.00 CDN cash available to be won. There are three (3) Tertiary Prizes each consisting of $300.00 CDN cash, to be won by random draw among all eligible votes entries. Must be a resident of Nova Scotia, Ontario, Alberta or British Columbia, who is age of majority or older at time of entry to be eligible to enter and win. Skill testing question must be correctly answered to claim prize. Odds of being selected depend on number of eligible entries received. Employees of sponsor and its agents and affiliates and household members of the above are not eligible. For full set of rules visit http://www.metronews.ca/imodium.

Imodium®

GETTY IMAGES

▶ Orlando Bloom and Miranda Kerr

Kerr pregnant with Bloom's kid

It looks like there was a reason for Orlando Bloom and Miranda Kerr's whirlwind engagement and marriage this summer: The Victoria's Secret model is expecting her first child with the Pirates of the Caribbean star, she confirms to the Spanish edition of Vogue.

"Yes, I am pregnant. Four months along," Kerr says. She and Bloom announced their engagement in June before surprising everyone with a July wedding. METRO

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GETTY IMAGES

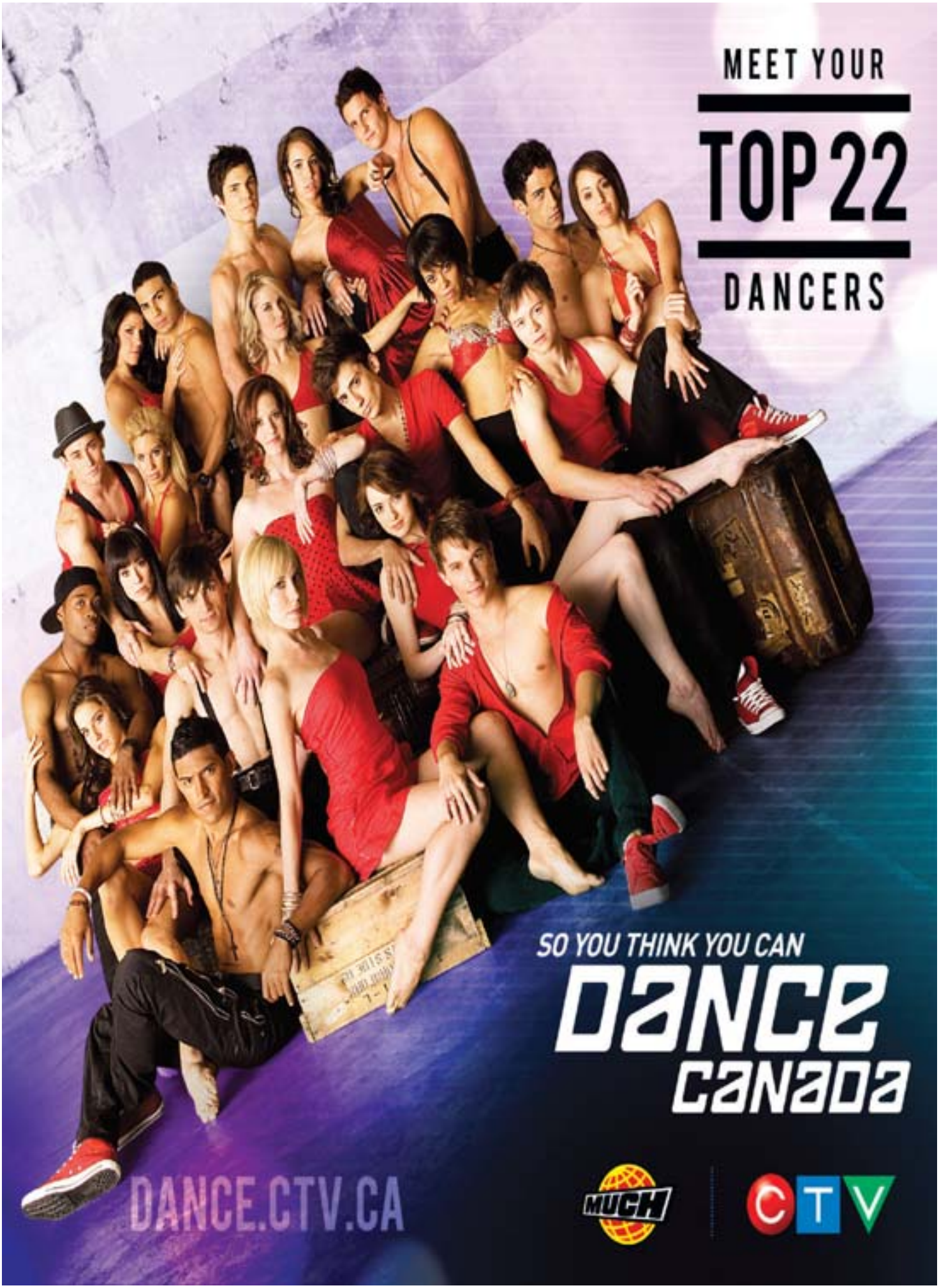
▶ Lindsay Lohan.

Lohan won't be putting on weight

While stuck in rehab, there's apparently nothing Lindsay Lohan wants to do more than exercise, but sources tell TMZ that's one of the one things doctors at the UCLA Medical Center aren't providing for her.

Sources say she hasn't yet received permission to use the gym at the health facility, so the troubled actress has been getting creative, doing push-ups and sit-ups every day in her room.

METRO


MEET YOUR
TOP 22
DANCERS
SO YOU THINK YOU CAN
DANCE
CANADA
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YOUR TOP 22 DANCERS

QUESTIONS

1) If you could dance with any person living or dead, who would that be?

2) What is your pre-audition or performance good luck ritual?

3) What is your favourite movie-musical?

4) What lengths would you go to to win this competition?

5) Are you on team Benji Schwimmer or Lacey Schwimmer?

CONTEMPORARY
MISSISSAUGA, ON

AMANDA CLEGHORN, 19

1) Jennifer Lopez
2) I try to focus and drain out everything happening around me
3) Grease 4) I'd never go on Facebook ever again!! 5) Team Lacey

CONTEMPORARY
TORONTO, ON

BREE WASYLENKO, 22

1) Jillian Meyers
2) I close my eyes and take deep breaths for 30 – 60 seconds
3) Moulin Rouge 4) To infinity, and beyond! 5) Team Lacey

CONTEMPORARY JAZZ
ABBOTSFORD, BC

CHARLENE HART, 24

1) Bob Fosse
2) I love my warm up time 3) Rent
4) It would go to every length to win this competition 5) Team Lacey

BALLROOM
MONTREAL, QC

CLAUDIA PRIMEAU, 26

1) Janet Jackson
2) I have to wear all my rings!
3) Grease 4) I'll walk to Australia and back! 5) Team Lacey

CONTEMPORARY
SURREY, BC

DANIELLE GARDNER, 21

1) Derek Hough or my Grandpa
2) I never shave my legs the night before a performance 3) Moulin Rouge
4) I'm dedicated to putting every ounce of energy, effort and enthusiasm into my success in this competition 5) Team Lacey

BALLROOM
TORONTO, ON

DENYS DROZDYUK, 25

1) Mikhail Baryshnikov
2) I always have to go through the same warm up 3) Moulin Rouge
4) As long as nobody gets emotionally or physically hurt, everything is allowed! 5) I have absolutely no idea!

SO YOU THINK YOU CAN
DANCE
CANADA

SO YOU THINK YOU CAN DANCE CANADA

EDGAR GILBERT-REYES, 22

HIP-HOP
CALGARY, AB

1) Michael Jackson
2) I just always think very positively!
3) Chicago 4) I'd do anything to do win this competition!
5) Team Benji!

HANI ABAZA, 26

MODERN CONTEMPORARY
OTTAWA, ON

1) Michael Jackson 2) I improv or breathe in and hold it for three seconds 3) A Chorus Line 4) Tell the whole country everything I can about myself and not hold anything back 5) If I have to pick one it would be Benji

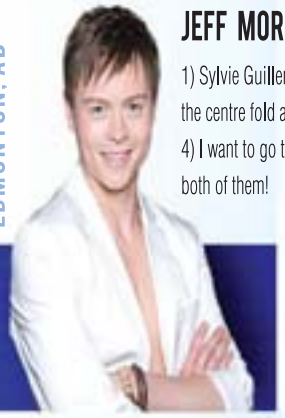
JANICK ARSENEAU, 20

CONTEMPORARY
BATHURST, NB

1) Michael Jackson 2) I always get the sudden urge to pee as soon as I'm about to go on stage 3) Chicago 4) I am ready to make the sacrifices needed to get all the way to the top! 5) I'm on team Benji, all the way!

JEFF MORTENSEN, 22

CONTEMPORARY
EDMONTON, AB



1) Sylvie Guillem 2) I always go to the centre of the curtain backstage, touch the centre fold and tell myself to have fun and not screw up 3) Mrs. Doubtfire 4) I want to go through this competition learning as much as I can 5) I am for both of them!

JERA WOLFE, 19

BALLET & BREAKING
INVERNESS, NS

1) Michael Jackson
2) I don't know if it's good luck, but I always go to the bathroom before I perform 3) Grease 4) I'm going to do whatever it takes 5) Team Benji

JESSE WEAFER, 25

CONTEMPORARY
AURORA, ON

1) Michael Jackson
2) I pray and thank God for the opportunity 3) Moulin Rouge
4) I'm terrified of sky diving, but I would do it if that means I would win!
5) Team Lacey

JONATHAN ARSENAULT, 26

CONTEMPORARY
KITCHENER, ON

1) Wade Robson and Michael Jackson
2) If I'm wearing socks, I double check that they're pulled up so they don't fall 3) The Wiz 4) I would go door to door dancing on people's doorsteps to prove I am Canada's Favourite Dancer! 5) Team Lacey all the way!

JULIA HARNETT, 26

LATIN BALLROOM
CALGARY, AB

1) Michael Jackson
2) I try to focus on breathing...."in the nose, out the mouth..."
3) The Sound of Music 4) I will treat my body right
(yoga, proper nutrition and lots of sleep) 5) Team Benji

YOUR TOP 22 DANCERS

QUESTIONS

1) If you could dance with any person living or dead, who would that be?
2) What is your pre-audition or performance good luck ritual?
3) What is your favourite movie-musical?
4) What lengths would you go to to win this competition?
5) Are you on team Benji Schwimmer or Lacey Schwimmer?

KIRSTEN WICKLUND, 20

CONTEMPORARY BALLET
VANCOUVER, BC

1) Jiri Kylian and George Balanchine 2) I get pumped up and energized to music, and then just focus on what I am about to perform 3) Grease 4) I would definitely go to the most infinite lengths to win this competition! 5) I am just on team Schwimmer!

KLOÉ SCHULTZ, 20

LYRICAL-JAZZ
NORTH BAY, ON

1) Janet Jackson
2) I chew gum and remove it right before I step on stage
3) Grease 4) I would stop tanning 5) Team Lacey!

MACKENZIE GREEN, 20

CONTEMPORARY
REGINA, SK

1) Michael Jackson 2) I knock on wood whenever someone says "Break a Leg" 3) The Wizard of Oz 4) A lot of sacrifices will have to be made which I'm prepared to make 5) Team Lacey

NATHALIE HEATH, 23

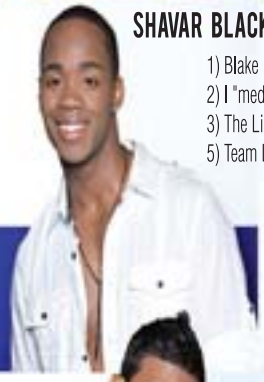
CONTEMPORARY
SURREY, BC

1) Gene Kelly 2) I close my eyes and take very deep breaths
3) It's a tie between Singing in the Rain and Chicago 4) I strongly believe in the power of focusing all my energy into something I want 5) Team Lacey!

SEBASTIAN MERSCH, 21

CONTEMPORARY
TORONTO, ON

1) Bob Fosse 2) I wish people "Merde" and do a little something called the "shake down" to loosen up my nerves 3) The Rocky Horror Picture Show 4) "I would walk 500 miles, and I would walk 500 more" probably even longer maybe even swim through the Nile... or trek through the Grand Canyon 5) Team Lacey



SHAVAR BLACKWOOD, 25

HIP-HOP
TORONTO, ON

1) Blake McGrath
2) I "meditate" in the washroom
3) The Lion King 4) I would kiss feet!
5) Team Lacey all the way!

SHELAINA ANDERSON, 19

CONTEMPORARY
EDMONTON, AB

1) Patrick Swayze
2) I listen to my music on my ipod while doing a ballet barre warm up to find my centre 3) Grease 4) Anything and everything, without compromising my dignity 5) Team Benji!

YONNI FOURNIER, 27

SALSA
MONTREAL, QC

1) Justin Timberlake
2) I close my eyes and clear my mind for 10 seconds
3) Chicago
4) I will leave my heart on the stage every time I step onto it
5) Team Lacey

MUCH | CTV

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KRISTA HANDFIELD/THE ASSOCIATED PRESS

▶ Elisa Hebert, 32, wasn't attached to her surname before she traveled with partner Megan from their home outside Denver, Colo., to Rehoboth. Back home, Elisa appeared in court to complete her legal name change.

Gay partners change names

Some see practical benefits to changing their surname, such as proof of medical status in emergencies Others want to identify their union

In October 2008, racing against California's gay marriage ban, Chloe and Frankie Frankeny wed legally in San Francisco with one chore done: Chloe had taken her wife's name two years before.

"It was the only way we had to fit into a mainstream role that was understandable to anybody," said Chloe, managing editor of a fashion website. "When I told my father I was taking Frankie's name he was sort of blown away because I definitely consider myself a feminist."

With a battle over the state's ban on gay marriage possibly headed to the U.S. Supreme Court, it's likely more same-sex couples will do the same.

For the Frankenys, the name switch couldn't magically grant all the marriage benefits denied legally wed same-sex couples when compared to one man, one wife, but it was one more way to express their union. It's a symbol rendered even stronger now that gay marriages are on hold in California, and for partners who've never had the option.

"With the same last name we could say we were sisters. We've all heard stories of partners kept apart in ER."
CHLOE FRANKENY, EDITOR

A name-change for gay couples isn't always as simple as trotting out a marriage certificate, the proof most required in heterosexual marriage. Emotionally, the journey is about love, commitment – and a way to ease anxiety over being misunderstood as non-relatives in emergency rooms or considered less-than as parents.

Kirsten Palladino, who runs online gay wedding 'zine Equallywed, shed Ott for the surname of her partner, Maria, last year without a state-sanctioned union in Georgia. She's seeing more couples go to court for name changes, settling on hyphenation or one partner's surname over the other.

THE ASSOCIATED PRESS

Name game

Up to 95 per cent of heterosexual couples marrying for the first time legally adjust their surnames.

Career move Professional identity before marriage motivates others in same-sex and hetero couples to keep their original names informally or use them as middle names.

Bereaved pet owners struggle to cope with grief

Jane Shaw called Jake her angel dog. Jake saw her through vet school, through her father's death, through a divorce and into private practice. He even did therapy work.

But 11 years ago, Shaw lost Jake to a car accident. She didn't just lose a pet, she lost her hiking partner, someone she took care of, someone she'd built her life around.

Through the grief came a question familiar to those who have lost a special pet: Should she get another pet? And when?

"It is healthy to have a transition period. In grieving, we're taking time to honour the pet we lost. Grief is so miserable," said the veterinarian, who also works at Colorado State University. People used to think getting a new pet right away was as important as getting back on a bicycle after you fall off. But a little time will generally help, Shaw said.

There are no wrong answers about if and when to get a new pet – just a few wrong turns. Some people will mistakenly try to "replace" a lost pet, she said, trying to find an animal that looks, sounds and behaves the same. Some people will even give the new pet the same name.

THE ASSOCIATED PRESS

MICHAEL CONROY/THE ASSOCIATED PRESS

▶ Doreen Disbro hugs her dog Kiko. Disbro lost her German shepherd, named Tandy, to hip disease in 2003, and she's still grieving.

3 life

Don't retire sunglasses for fall

Parents should be aware that harsh sunlight remains outside, even as summer turns to fall. "Children need the protection of good sunglasses just as much as adults do and sometimes even more," says Bijan Minbashion, vice president of operations for Hakim Optical. "So many of their activities are outdoors and in direct sunlight." And the good news is: It isn't too difficult to persuade kids to wear sunglasses, especially if they are modeled after those worn by adult role models or an older sibling.

NEWS CANADA

When parents age at home: Some tips for easing the transition to live-in help.

Nutritious and delicious

HANDOUT/THE CANADIAN PRESS

10 portions
Prep time: 15 min.
Cooking: 35 min.

▶ Blueberry cake topped with walnuts.

Forget about serving pie or a traditional cake
Blueberry cinnamon coffee cake is delicious served for any occasion

Ingredients :

Topping
- 750 ml (3 cups) locally grown blueberries
- 125 ml (1/2 cup) icing sugar, divided
- 10 ml (2 tsp) cinnamon, divided

125 ml (1/2 cup) all-purpose flour
- 75 ml (1/3 cup) cold butter, cut in bits
- 125 ml (1/2 cup) finely chopped walnuts

Batter
- 125 ml (1/2 cup) butter, softened
- 250 ml (1 cup) granulated sugar
- 2 eggs
- 5 ml (1 tsp) vanilla
- 500 ml (2 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 5 ml (1 tsp) baking soda

This moist cake tastes good for breakfast, brunch or dessert served with a slice of cheddar cheese.

Preparation:

Topping:

1 In a small bowl, stir together blueberries and half each of the icing sugar and cinnamon; set aside.

2 In another small bowl, stir together flour and remaining icing sugar and cinnamon. Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.

3 Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.

Batter:

4 In a large bowl, cream butter with sugar until light and fluffy. Beat in eggs, one at a time. Beat in vanilla.

5 In a separate bowl, sift or stir together flour, baking powder and salt. Stir baking soda into sour cream.

6 Stir half of the dry ingredients into butter mixture. Add sour cream; stir in remaining dry ingredients.

7 Spread in greased 3.5-l (9-by-13-inch) metal cake pan, smoothing with spatula. (The batter is thick.) Sprinkle with blueberry mixture. Sprinkle walnut mixture evenly over top.

8 Bake in a 180 C (350 F) oven until skewer inserted in centre comes out clean, about 35 minutes.

THE CANADIAN PRESS

Superfood: Papaya

FLICKR/BRAVESIRROBIN

Papaya contains a number of vital protein-digesting enzymes including papain. Papain has been shown to decrease inflammations and improve healing from burns. They are also a great source of Vitamin A and C (obtained from the anti oxidant beta carotene) which are necessary elements contributing to a healthy immune system.

ROMINA MCGUINNESS/ METRO WORLD NEWS

Versatile afternoon dish

LARRY CROWE/THE ASSOCIATED PRESS

▶ A sweet-and-sour chicken grinder with onions and peppers also works well with pork or beef and can make a nice wrap or even a meal on a bed of rice.

Sweet-and-sour chicken grinders with onions and peppers can be used on just about anything

The best weeknight recipes are those that are versatile enough to work not just with what you want, but also what you have.

As in this simple recipe for sweet-and-sour chicken.

In a creative take on this classic Asian takeout, the lightly sweet and tangy chicken is intended to be nestled into a sub roll.

But if you don't have any or simply aren't in the mood, it does just as well over noodles, wrapped in a flour tortilla or even — ready — over rice.

Likewise, you could turn this into a sweet-and-sour beef or pork by using an equivalent amount of sirloin or pork tenderloin (adjust cooking times as needed).

If vegetarian is more your style, cubes of extra-firm water-packed tofu would be delicious, as would the wheat protein known as seitan.

Even the sauce is agreeable to tinkering. For a spicy take, add a splash of hot sauce (sweet-and-heat-and-sour), a pinch of red pepper flakes or some finely diced jalapeno peppers.

Preparation:

1 In a small bowl, whisk together soy sauce, vinegar, hot sauce, jam and cornstarch. Set aside.

2 In a medium bowl, combine flour and chicken, tossing to coat. Set aside.

3 In a large saute pan over medium-high, combine butter and oil. Heat until butter has melted.

4 Add chicken and brown on all sides, about 5 minutes. Add onion, both peppers and pineapple juice.

5 Saute until chicken is cooked through and onion is tender, about another 4 minutes.

6 Add pineapple, then cook until heated.

7 Stir in soy sauce mixture and cook, stirring constantly, until thickened, about 2 minutes.

8 Spoon chicken, vegetables and sauce into rolls

THE CANADIAN PRESS

Need to know:

Start to finish 25 minutes

Ingredients:
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) seasoned rice vinegar
- 5 ml (1 tsp) hot sauce
- 30 ml (2 tbsp) apricot or peach jam
- 15 ml (1 tbsp) cornstarch
- 30 ml (2 tbsp) all-purpose flour
- 750 g (1 1/2 lb) boneless, skinless chicken breast, cut into 2.5-cm (1-inch) chunks
- 30 ml (2 tbsp) butter
- 15 ml (1 tbsp) olive oil
- 1 large yellow onion, halved and thinly sliced
- 1 large red bell pepper
- 1 large green bell pepper, cored and thinly sliced
- 250 ml (1 cup) chunk pineapple
- 125 ml (1/2 cup) of the canning juice
- Salt and pepper
- Four 15-cm sub rolls

THE CANADIAN PRESS

INFORMATION FEATURE

Fairly Easy Milk Chocolate Fudge

You'd be hard pressed to find an easier fudge recipe. And using Fair Trade chocolate makes it that much sweeter!

▶Milk Chocolate Fudge

PHOTO: SIMON COUSINS/FLICKR

Milk Chocolate Fudge Ingredients:

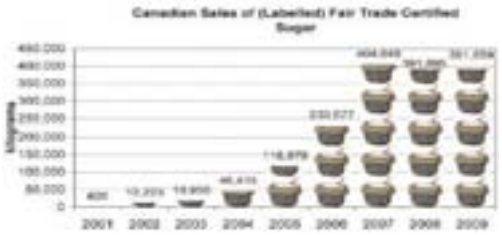
- 4 1/2 100-gram Cadbury Dairy Milk bars (1 pound total), chopped
- 1 14-ounce can sweetened condensed milk
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 teaspoon salt (optional)

Preparation:

1. Line the bottom of an 8-inch square baking pan with wax paper.
2. Heat all ingredients in a double boiler (or metal bowl in a pan of simmering water), stirring until smooth.
3. Pour into baking pan and refrigerate until firm (at least 4 hours or overnight). Cut fudge into 1-inch squares and enjoy chilled.

Fair Trade

By the Numbers Despite having taken a hit by the recent economic downturn, interest in—and purchases of—Fair Trade staples has gained popularity in the past few years . Here are just a few of the recent numbers from TransFair Canada:



FAIRTRADE

▶ A fussball table is a reason to get up and walk, plants clear the air.

▶ Saves bottles.

▶ Saves on heating.

▶ Saves paper.

Green ideas for your office

ROMINA McGUINNESS
METRO WORLD NEWS

Clear your head, your conscience and your carbon footprint in one go.

GO ELECTRIC

Technology is here for a reason so digitalize and dematerialize as much as possible. Emails, invites, calendars and files can all be saved onto your computer rather than on paper. Back all information on an external hard drive — as much as we love technology, computers do tend to crash and burn when loaded with too much information.

PAPER

Print only if you must as most of the time you can read and make changes directly on the screen without printing. When you do print, choose the double sided setting, which will print on both sides instead of just one. When re-stocking, go for recycled paper.

LIGHTS

Switch off all lights when you leave the office, especially desk lights that are smaller yet easily forgettable, but still powerful. Switch to LED (light emitting diode) bulbs, which are more efficient and save than traditional ones.

FURNITURE

Choose office furniture (desks, chairs, filing cabinets) made from sustainable wood, recycled metal and non-toxic waste.

COMMUTE

Public transport (bus, subway, train, car) is over crowded and stressful. It also contributes to your carbon footprint as thanks to the toxic fumes emitted throughout the journey. If the work home distance and weather allows for it, either ride your bike or walk into work. It's a healthier and cheaper option with minimal impact on the environment.

DRESS RIGHT

Summers are warm and winters cold- fact. Dress appropriately in order to not turn the heater or air conditioning on full blast as soon as you step foot in the office. Bring an extra jumper or pair of tights to cozy up in the cold and if it's too hot, buy a water spray or small fan.

RECYCLE BINS

Have one main recycling bin where everyone can throw in paper, cardboard and plastic waste. Place it somewhere obvious and of easy access so it cannot be avoided.

SWITCH OFF

Leaving your computer on over night will eventually burn out its battery light and is simply not necessary.

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LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

DON'T FLUSH MEDS

QUESTION:
What's the best way to get rid of old medications?

Alex, Edmonton, Alta.

The next time you find yourself decluttering the medicine cabinet, make sure you don't flush old medications down the toilet and don't throw them in the garbage either. The safest way to dispose of old medications and over-the-counter health care products is to take them back to your local pharmacy.

Flushing unused or expired prescription medications down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers — also known as our drinking water. Not only will you be eliminating the risk of an accidental poisoning in your home, but you're also playing a role in keeping our oceans and landfills free of pollution.

QUESTION:
Do I need to worry about toxic ingredients in sunscreens and what's the safest sunscreen to use?

Julia from Halifax, N.S.

Unfortunately, there are chemicals of concern in sunscreens. Four substances commonly found in chemical sunscreens — parabens, cinnamate, benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world. Yikes.

This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben. All are widely used in cosmetics as a synthetic preservative; they are easily absorbed by skin and should be avoided. What's concerning is parabens are suspected of interfering with hormone function. Some evidence suggests that parabens mimic estrogen and studies suggest a possible association between parabens and breast cancer.

Green ideas

SHANTY CHIC POTS IN BRAZIL

▶ The tins are made from recycled materials.

Brazil based Jahara studio has launched a collection of household items made form recycled materials. "I was inspired by the look of beaten up and used pans that are also used as a musical instruments at Brazilian carnivals," says owner Brunno. The collection was also drawn to the country's favelas (shanty towns), where people also use odd bits and pieces, including aluminum pots and tins, as musical instruments. In 98 per cent of the aluminum in Brazil is recycled, and the collection features lampshades, pots and plates made from the material. Jahara's recycled aluminum is 30 per cent stronger than it would be new thanks to an anodizing process, which also gives the end product a unique texture and vivid colour.

brunnojahara.com

ROMINA MCGUINNESS/ METRO WORLD NEWS

Ditching the desk

More and more employees are passing on the cubicle and taking their work to the coffee shop Companies realize a cost savings

More and more people are dropping the desk gig for a better office outfit. In fact, the widespread use of smartphones, laptops and PDAs means many don't even go into the office at all. As office work shifts, so do the workplaces behind it, and businesses have begun to smarten up about the widespread potential for work outside the office.

Richard Laermer, author of 2011: Trendspotting for the Next Decade, noticed this phenomenon early on.

"As soon as (businesses) realized it was cheaper to not have people stay at the office, they did it," jokes Laermer, but he's right. Offices have to pay for the real estate for desks, conference rooms, lounges and kitchens.

"It's hard for companies to afford space for people when people don't really need space to work in," he explains.

Working outside the office is better for employees, too. When staffers aren't tied to the office to do their work, they can be more universally committed — the lines between work life and home life become blurred. Being able to work on your own terms means you can work whenever you are most productive.

"It's hard for companies to afford space for people when people don't really need space to work in."
RICHARD LAERMER

more productive

By choosing your own atmosphere, you're more likely to be productive. "What exactly are you doing in your cubicle that you couldn't be doing in Starbucks?" asks Laermer.

Being able to work on your own terms means you can work whenever you are most productive.

Laermer says that in the alternative workplace "you think better, somebody's not looking over your shoulder (figuratively or literally), and you can choose what interruptions come to you — these are very healthy things."

The author's only concern comes from the productivity offices have through working together. "In order to get things done, you need to brainstorm," he says. "How does the employer get people to come to the office for those meetings if they don't have to?" The latest trend is to hire a "social director that plans things for people to come into the office so they can see each other," Laermer says.

METRO

Staying sane when working late

When the clock resets, that's when that other set clocks in: The nocturnal underclass of twilight-shift zombies who pull midnights to mornings, often graze out of a gas station snack rack, shed friends like muscle mass, and suffer weeks without savouring a vegetable.

It's with morbid accuracy that society nicknames that the graveyard shift. Brave souls who bear it brook all manner of health risks, which Brown University chronobiologist Katie M. Sharkey enumerates: "Increased breast cancer, heart disease, fertility problems, gastrointestinal distress, and definitely more substance abuse, in groups that you wouldn't even think, like nurses drinking coffee after 5 a.m., then using alcohol to try and sleep."

Adjust your inner timepiece, though, and your graveyard shift need not carry a graveyard sentence: Start by adopting a vampiresque revulsion towards the sun. "Light is the most potent time-giver to our biological clock," Sharkey explains.

Then, with lead drapes blackening yours windows, go right to bed: no Facebook, no Cheerios, no Good Morning America.

"The closer you go to bed to your natural sleep time, the more likely you'll get good sleep," she advises.

"An afternoon nap prior to the first night or a run of night duty is clearly advisable."
CHRONOBIOLOGIST TIMOTHY MONK

Ear plugs, eyeshades, an understanding family, a phone on vibrate, and a doorknob dangler — Night Shift Worker: Don't Disturb 'Till 4 — can assist, Sharkey recommends.

So can smoother transitions. Come weekends, all too many nocturns backslide to a sunshine schedule when they'd slumber sounder half-measuring a 3 a.m. bedtime.

"Naps can be of significant benefit," Chronobiologist Timothy Monk suggests. "An afternoon nap prior to the first night or a run of night duty is clearly advisable."

METRO

News in brief

Guelph unveils synthetic turf

ONTARIO The University of Guelph opened its newly constructed Varsity Field last week, the institution's first outdoor synthetic turf field. The $1.8-million field will be home to field hockey, football, soccer, and rugby teams for practices. The field will also be open to the public. The field is part of UoGuelph's athletics master plan, which includes additional synthetic turf fields, construction and renovation of a student fitness and complex, and renovations to Alumni Stadium. METRO

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School on a shoestring

Many students ready to manage finances for the first time

Thousands of young Canadian men and women are embarking on a huge change to their lives in the next few weeks as they leave home and enter university.

It's an exciting and demanding time — as students handle their own finances for the first time and make decisions on money and debt that can haunt or help them for years to come.

Hailey Coleman, who just graduated from Ryerson University, remembers that it was "definitely a big change, that's for sure."

"I wasn't living with my parents anymore, so for me it was really learning how to budget and how to be responsible for my money."

Of course you can't budget and control expenses unless you know how much money is coming in. That means students should make it their business to find out about any available grants and scholarships — but many don't.

▶ It is easy for university students to get into debt with credit being so readily available to them.

"They are either unaware, which is scary because high schools are supposed to instruct them in how to try and access money and they probably do but the students are still unaware," said Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University.

"So yes, some are unaware and some students know that these opportunities are out there but they simply haven't explored them. Their parents took care of things until this time."

Coleman said she made the same mistake when she first attended Ryerson, including missing out on an entry scholarship that "would have helped out big time."

Coleman said she was lucky in having a friend who taught her how to budget, "which was huge."

That meant she could get a handle on what was coming in and going out and once she got in the habit of keeping her receipts and seeing what she was spending, Coleman found it amazing to see how much these things were costing.

"It was more just learning how to distribute my money properly, like how to put enough aside for food and some for rent and just shopping around for different things," she said.

One of the biggest challenges that face students is holding down a part-time job.

"I advise that unless you are a strong student, you have to recognize there is a balance, you cannot simply work 20 hours a week to support your university studies and expect to do sufficiently well," he said.

THE CANADIAN PRESS

Discover career opportunities at VCC
It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

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Monday, Aug. 30, 6:30 p.m. – Lobby, Building B	Broadway
Drafting Technician	
Thursday, Aug. 26, 4:30 p.m. – Room 718	Downtown
Culinary Arts	
Friday, Aug. 27 and Sept. 3, 9:30 a.m. – Room 305 B	Downtown
Practical Nursing / Access to Practical Nursing	
Wednesday, Sept. 1, 5 p.m. – Room 1228	Broadway
Paralegal	
Saturday, Sept. 4, noon – Room 203	Downtown
TESOL programs	
Tuesday, Sept. 7, noon – Room 526	Downtown
Addiction and Community Counselling Skills	
Wednesday, Sept. 8, 6:30 p.m. – Room 420	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).
Broadway campus is located at 1155 East Broadway.
Visit **www.vcc.ca** or call VCC at **604.443.8453**
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School of Instructor Education School of Language Studies School of Hospitality

Back-to-school shopping, or a scavenger hunt?

Obscure craft supplies can make little kids tough to buy for Teachers' demands can differ from what stores offer

Like millions of other parents this time of year, I'm about to embark on the annual scavenger hunt known as back-to-school shopping.

I thought this dreadful ritual would get easier when my youngest son reached middle school, but in fact it merely multiplied from one nerve-racking list, to six — along with the number of teachers he has.

I would be fine if these lists were simple reminders of basic supplies — pencils, pens, paper, notebooks.

But how many times do you see parents wandering up and down the aisles searching for items that either don't exist or that have sold out in a frenzy?

"For my kindergartener, I was asked to bring in coloured feathers, which I finally found at a craft store." HOLLY MICHAEL

Diana Shackleford, a Dallas mom, points out that stores and teachers' lists routinely "disagree on pen and pencil package counts. The list asks for a 12-count, but pencils and pens come in 10-count package!"

The worst part of this retail insanity is that, at least with my son, half of this stuff never gets used.

I have a drawer full of Post-its in every conceivable colour and size.

Holly Michael, who works for a public relations agency, said that "as a working mom, I don't always have time to run out and find these odd requests."

Another issue is the supplies ordered up to keep my children organized — it makes no difference. At the end of the year, all of my children's school work is in a giant random stack of paper, organized neither by subject nor date.

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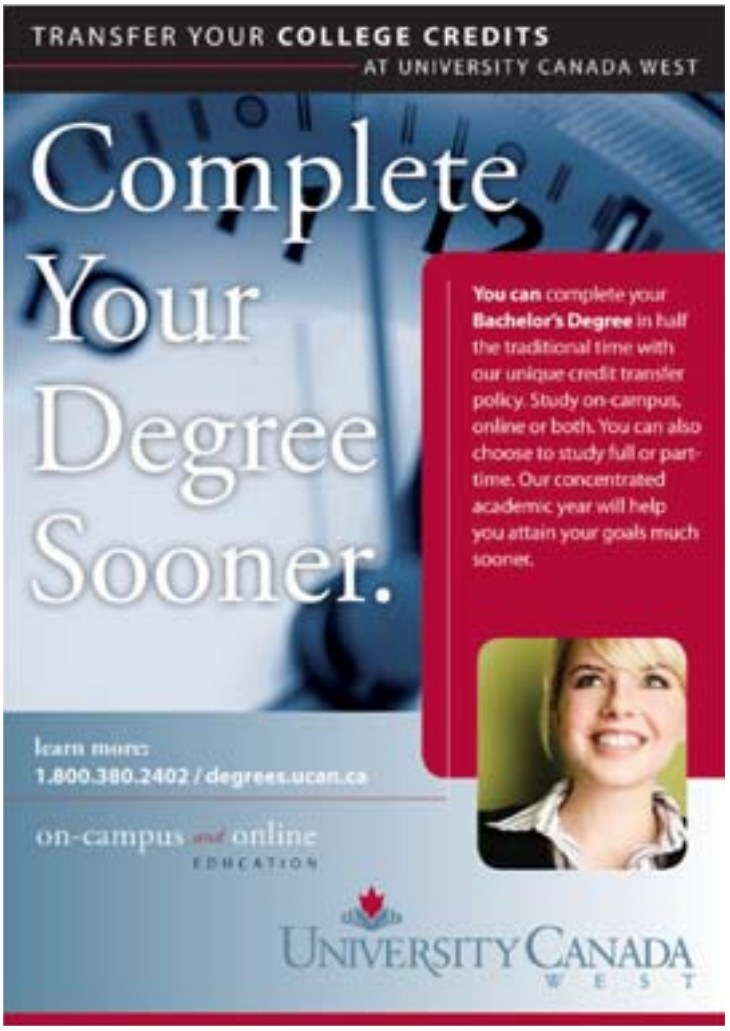
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4 sports

Sweet Lou says final goodbye

After all the wins, all the losses and all those arguments, Lou Piniella clearly felt it was time to leave.

Saying the final goodbye after a half-century in baseball, that was the hard part.

"I cried a little bit after the game. You get emotional. I'm sorry, I'm not trying to be," the Chicago Cubs manager said yesterday, his eyes tearing up again and his voice cracking.

"This will be the last time I put on my uniform," he said.

The 66-year-old Piniella announced before the Cubs-Atlanta game that he was retiring immediately after it was over and planning to spend more time with his ailing mother.

"My mom needs me home and that's where I'm going," Piniella said.

The Cubs didn't do him many favours on the field in his wrap-up, losing 16-5 to the Braves.

He was in the dugout when it ended, and he waved his hat across the field to his friend, longtime Atlanta manager Bobby Cox, who has said this is his last season.

Third base coach Mike Quade was promoted to interim manager.

Piniella finished with an overall record of 1,835-1,713.

THE ASSOCIATED PRESS

NAM Y. HUH/THE ASSOCIATED PRESS

▶ Manager Lou Piniella watches his Cubs play in his final game yesterday.

Quoted

"I'm just going to try to do the best I can, certainly for next year. Please don't ask me anything about after next year. I'm lucky to look for tomorrow morning."

VIN SCULLY, 82, ON HIS PLAN TO RETURN TO THE BROADCAST BOOTH TO CALL LOS ANGELES DODGERS GAMES FOR HIS 62ND SEASON.

"Every time there's a good play, the other night when the kid at second base threw the ball to first behind his back, I had goose bumps like it was the first big league game I'd ever seen."

SCULLY

Scan code for more sports

Rain, rain go away: Delays hit Cup again

Rogers Cup semis and final rained out a second straight day

Losing the final weekend to unrelenting rain capped a 2010 women's Rogers Cup that was ill-fated from the start.

The semifinals — one of them still hanging on an early Caroline Wozniacki lead — were postponed from Saturday to Sunday and finally to this morning at 7 a.m. PT as rain fell on Uniprix Stadium and the players amused themselves with movies, computer games and table tennis in the players' lounge.

Wozniacki, the second seed, took a 2-0, 0-15 lead on 11th-seeded Svetlana Kuznetsova during a 10-minute dry spell Saturday evening, but not another point was able to be played.

Their semifinal is to be played simultaneously with the one that pits 10th-seeded Victoria Azarenka of Belarus against eighth-seeded Vera Zvonareva of Russia.

The final is scheduled for 10:30 p.m. PT, although more rain is forecast for this morning, with clouds and isolated showers in the afternoon.

"They say 'Now it's ready' and you start warming up and then it starts raining again," Wozniacki said of the waiting.

"The weather hasn't been nice to us.

"At least I got to watch a movie — two, actually."

THE CANADIAN PRESS

What if?

▶ A Women's Tennis Association spokesman said that if play is washed out again today, they will meet with the players, Tennis Canada and the television broadcasters to decide what to do.

PAUL CHIASSON/THE CANADIAN PRESS

▶ Three tennis fans huddle up underneath an umbrella during a rain delay at the Rogers Cup yesterday in Montreal.

Atwal makes history with win

Arjun Atwal has won the Wyndham Championship by one stroke, becoming the first Monday qualifier to win on the PGA Tour in 24 years.

Atwal, who led or shared the lead after each of the first three rounds, shot a 67 yesterday.

He finished at 20-under 260 and earned $918,000 US.

He's the first Indian-born player to win on tour and the first to win both the qualifier and the tournament that follows since Fred Wadsworth at the 1986 Southern Open.

David Toms (64) was 19 under.

THE ASSOCIATED PRESS

18 For a few dizzying moments late in a low-scoring day, seven players shared the lead at 18 under.

HUNTER MARTIN/GETTY IMAGES

▶ Arjun Atwal

Sports in brief

Federer beats Fish in Masters

CINCINNATI. Roger Federer ended his mini-vacation with another Masters title.

A well-rested Federer beat American Mardy Fish 6-7 (5), 7-6 (1), 6-4 yesterday, winning the Cincinnati Masters championship.

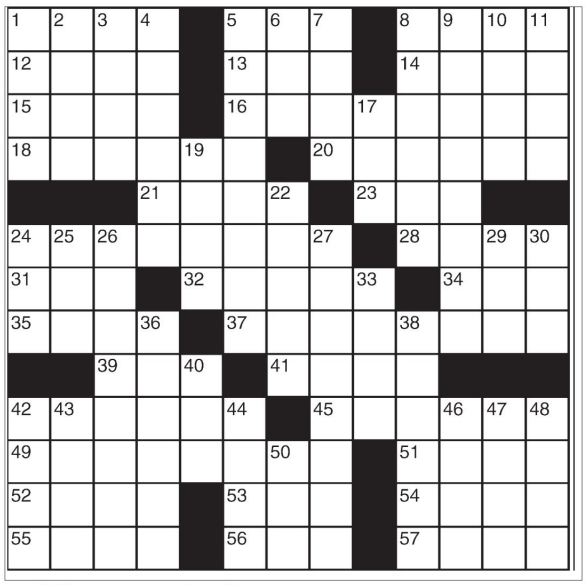
He was barely on the court all week because his opponents got hurt and his game was so good.

Dodgers trade for Barajas

BASEBALL. The Los Angeles Dodgers acquired Rod Barajas from the New York Mets yesterday for cash in an effort to bolster their catching corps.

THE ASSOCIATED PRESS

Crossword



Across

1 Potato
5 "Golly!"
8 Unkempt one
12 Gaelic language
13 E. Coast ocean
14 Spanish hors d'oeuvre
15 Cry
16 Subtract
18 Evergreen type
20 Marble cake patterns
21 Lighweight pith helmet
23 Before
24 Grasp
28 Break suddenly
31 Eggs
32 Wicker-work willow
34 Bookkeeper (Abbr.)
35 Longings
37 Pay attention
39 "Krazy —"
41 Comic Carvey
42 9-Down's territory
45 Garden intruder
49 Assume control
51 Father (Fr.)
52 State with certainty
53 A Gershwin brother
54 Ireland
55 Conks out
56 Water barrier
57 Require

Down

1 Stitches
2 Get ready, for short
3 Addict
4 Appoint as one's agent
5 Fence feature
6 Greek vowel
7 B.P.O.E. members
8 Flight between floors
9 Noted WWI British officer
10 October birthstone
11 Howls at the moon
17 Lamb's dam
19 Silver salmon
22 Homeric epic
24 Plaything
25 "Hail!"
26 Illinois city
27 About 1/3 ounce
29 Mimic
30 Cushion
33 Former Attorney General Janet
36 Tools for duels
38 Occur
40 Uncle (Sp.)
42 Slightly
43 Sitarist Shankar
44 Eager
46 Present
47 A Great Lake
48 Tear in two
50 Historic time

▶ Yesterday's answer

V	A	L	■	L	O	A	M	■	X	R	A	Y
E	M	U	■	U	L	N	A	■	E	U	R	O
D	O	C	U	M	E	N	T	■	B	E	E	N
A	K	I	M	B	O	■	A	C	E	■	■	■
■	■	■	P	A	S	■	D	O	C	I	L	E
E	N	T	E	R	■	F	O	X	■	M	A	Y
G	O	A	D	■	K	I	R	■	J	A	D	E
A	L	L	■	D	A	B	■	F	U	M	E	S
D	O	C	E	N	T	■	P	O	D	■	■	■
■	■	■	J	A	Y	■	E	L	A	P	S	E
A	L	O	E	■	D	O	C	K	H	A	N	D
S	Y	N	C	■	I	R	A	S	■	L	O	G
P	E	S	T	■	D	E	N	Y	■	E	W	E

Sudoku

	4		6		8			2
				3		9		6
				1		4	8	
	1						5	4
			3		5			
8	6						7	
	8	2		5				
1		3		4				
9			2		7		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	6	1	5	4	7	9	8
9	1	5	8	2	7	3	6	4
8	4	7	6	3	9	1	5	2
4	5	1	3	7	8	6	2	9
3	9	8	2	4	6	5	7	1
6	7	2	5	9	1	4	8	3
5	8	4	7	1	2	9	3	6
1	2	3	9	6	5	8	4	7
7	6	9	4	8	3	2	1	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tami, You Light Up my Life with your Amazing Smile and Radiant Beauty. We lead busy lives yet always have time for each other n our 'Chemistry' is growing! Thank You for being in my Life, Heart and Soul!,
LOVE FROM YOUR CHEF XOXO

Aaron, You are the love of my life. I just want to thank you for being there for me through thick and thin. You are my life, my world, and my everything! I love you babe! **LOVE ROB**

I miss my school and lots of friends. But my friend will be attending my school this year, so I'm looking forward to it! All of my friends out there, THIS MEANS YOU!!! :) LOHL!

Said, thank you so much for everything. I don't have enough words to say how much I thank you and love you. Please be happy!
XOXOXO JAPONESITA

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Today	Tuesday	Wednesday
Mainly sunny	Sunny	Sunny
19° / 13°	23° / 15°	21° / 14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 20 Changing times mean changing attitudes and changing ways of doing things and the Sun's change of signs symbolizes your need to change the habits of a lifetime.

♉ Taurus April 21-May 21 One of the busiest and most enjoyable times of the year starts for you today, and it will be more enjoyable still if you have a specific objective in mind.

♊ Gemini May 22-June 21 You may at times feel out of touch with what is going on around you but there is no need to worry – you're not missing much. Go your own way and do your own thing.

♋ Cancer June 22-July 22 The Sun's transit of one of the more inquisitive angles of your chart makes you question everything you see and hear.

♌ Leo July 23-Aug.23 Cosmic activity in and around the area of your chart that governs what you own and what you earn means there is a lot at stake financially at the moment. Do whatever it takes to maximize profits and minimize losses.

♍ Virgo Aug. 24- Sept. 22 The Sun joins Mercury, your ruler, in your birth sign today, making this the ideal time to start something new. However, as Mercury is currently moving retrograde you must make sure your aims are realistic.

♎ Libra Sept. 23-Oct. 23 There are a number of things you can do to make life easier for yourself. Start doing them now. The most important thing by far is to listen to, and act on, what your inner voice tells you. It knows all the answers.

♏ Scorpio Oct. 24-Nov. 22 It may feel as if everyone you meet is in some way against you but it isn't true. Nevertheless, the feeling will inspire you to try even harder and prove your critics wrong. You'll enjoy saying "I told you so."

♐ Sagittarius Nov. 23-Dec. 21 You may say you don't care what other people think of you, but deep down you care very much, and you will care even more as the Sun crosses the midheaven angle of your chart. You'll make a big – no, huge – impression today.

♑ Capricorn Dec. 22-Jan. 20 An idea that meant nothing to you yesterday will mean everything to you today and you won't be happy until you have investigated it further.

♒ Aquarius Jan. 21-Feb. 18 Generally speaking you don't spend a lot of time thinking about what makes you tick, but today you will question who you are and what you are doing in life.

♓ Pisces Feb. 19-March 20 Stop thinking about how you can get ahead of other people and start thinking about how you can move forward together.

Caption contest

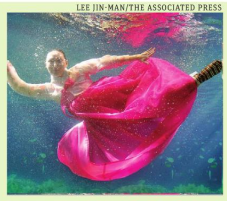
WONG MAYE-E/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LEE JIN-MAN/THE ASSOCIATED PRESS



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BROADCAST SCHEDULE*

CTV

MONDAY, AUGUST 23	PERFORMANCE SHOW
TUESDAY, AUGUST 24	RESULTS SHOW
MONDAY, AUGUST 30	PERFORMANCE SHOW
TUESDAY, AUGUST 31	RESULTS SHOW
MONDAY, SEPTEMBER 6	PERFORMANCE SHOW
TUESDAY, SEPTEMBER 7	RESULTS SHOW
MONDAY, SEPTEMBER 13	PERFORMANCE SHOW
TUESDAY, SEPTEMBER 14	RESULTS SHOW
WEDNESDAY, SEPTEMBER 22	PERFORMANCE SHOW
THURSDAY, SEPTEMBER 23	RESULTS SHOW
WEDNESDAY, SEPTEMBER 29	PERFORMANCE SHOW
THURSDAY, SEPTEMBER 30	RESULTS SHOW
WEDNESDAY, OCTOBER 6	PERFORMANCE SHOW
THURSDAY, OCTOBER 7	RESULTS SHOW
WEDNESDAY, OCTOBER 13	PERFORMANCE SHOW
THURSDAY, OCTOBER 14	RESULTS SHOW
WEDNESDAY, OCTOBER 20	PERFORMANCE SHOW
SUNDAY, OCTOBER 24	FINALE

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* Subject to change.
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